

Promise Yourself

- *To be so strong that nothing can disturb your peace of mind.*
- *To talk health, happiness, and prosperity to every person you meet.*
- *To make all your friends feel that there is something worthwhile in them.*
- *To look at the sunny side of everything and make your optimism come true.*
- *To think only of the best, to work only for the best and to expect only the best.*
- *To be just as enthusiastic about the success of others as you are about your own.*
- *To forget the mistakes of the past and press on to the greater achievements of the future.*
- *To wear a cheerful expression at all times and give a smile to every living creature you meet.*
- *To give so much time to improving yourself that you have no time to criticize others.*
- *To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.*
- *To think well of yourself and to proclaim this fact to the world, not in loud word, but in great deeds.*
- *To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.*

The Optimist Creed was authored in 1912 by Christian D. Larson, appearing in his book *Your Forces and How to Use Them*. It was adopted as the Optimist International's creed in 1922. Many have found inspiration in The Optimist Creed. In hospitals, the creed has been used to help patients recover from illness. In locker rooms, coaches have used it to motivate their players.